

Diet for Gastric Discomfort

- Choose easily digested foods that are not associated with discomfort.
- Eat regular meals and do not skip meals. Never overeat!
- Eat small helpings and chew food well, eat slowly.
- Avoid alcohol.
- Avoid aspirin. Use paracetamol products.
- Avoid fizzy drinks.
- Use simple preparation for all foods.
- Avoid fried foods.
- Avoid spicy foods. Pepper is a strong gastric irritant.
- Avoid rich creamy foods, cakes and pastries.
- Avoid freshly baked bread and rolls.
- Choose whole-grain and unrefined foods.
- Avoid caffeine beverages.
- Avoid chewing gum.
- Avoid smoked food, e.g. bacon, smoked ham, kippers, etc.
- Despite the soothing effect of milk, it does stimulate acid secretion and is not an effective antacid.
- Avoid bedtime snacks as these do increase acid production during the night.